

Staff Wellness

Over the past several years, staff at Hortonville High School has participated in a variety of activities that include yoga, open gym, *Lighten Up Wisconsin*, *Walk to Win* and Tai Chi.

This year the High School Healthy Schools committee proposed a grant for staff incentives to encourage staff to exercise, eat healthy and be emotionally and mentally healthy by having drawings and by treating staff to healthy treats during the year. Those treats were given at staff in-services, meetings and in their mailboxes.

The staff also receives a *Jamin Minute* each week to use in their classroom as a fitness break during the hour if they need a physical activity.

Staff takes advantage of the cardio room and weight room to work out before or after school.

The “big” projects for the year were sampling smoothies at a staff meeting, and the **Free Staff Salad Bar Luncheon** at a recent in-service.

Other incentives include fruit basket drawings at staff meetings, 30 min massage gift certificates, a fishing rod and reel, and two healthy choice cookbooks.



Polar Bear Summer Academy

Attend August 10-14, 2009 and
earn two graduate credits.
Apply today! Applications are
due March 27th. The Academy
is limited to 40 participants.

Send attached application to
HASD Curriculum Office
246 N. Olk
Hortonville, WI 54944

Hortonville Area School District Polar Bear Summer Academy Version 2.0

When: August 10-14, 2009
Time: 8:00 AM to 4:00 PM Daily
Place: Hortonville High School
213 E. Towne Dr.
Hortonville, WI 54944

Welcome to the Hortonville Area School District Polar Bear Summer Academy Version 2.0!

We are so pleased to be able to provide a learning opportunity consisting of locally developed courses taught by our very own HASD staff! The second annual academy is the culmination of a great deal of research, planning, and support from the district staff and Board of Education. Please consider joining your colleagues for a week of academic discussions, learning opportunities, and a time to prepare for the 2009-2010 school year! Thank you for taking the time to make HASD the best it can be. We look forward to seeing you in August for the Polar Bear Summer Academy!

Sincerely,
The Summer Academy Planning Team

Graduate Credits

Two graduate credits may be earned through Viterbo University. If you are attending the Academy for credits, please arrive on Monday at 7:30 AM for registration. Payment of \$180 will be required at that time. A check or money order must be made out to Viterbo University (Visa or Mastercard are also accepted). Forms will be available on the first Monday of the academy.

Graduate credits require full attendance!

Application Process

We are again limiting participation but have allocated 40 spots this year. If over 40 apply, participants will be chosen by school principals and will be allocated based on the number of teachers per school.

Course Offerings

SmartBoards in the Classroom: Jennifer Koenecke

SmartBoards can be used to engage students and add to your existing lessons. During this class, we will learn some of the basics of the Smart Notebook program that comes with the SmartBoard. You will explore lessons that have already been created using this software. You will spend time creating your own lessons as well. Bring some school related materials to work on a Smarter lesson!

Healthy Choices and Stress Relief for Educators: Crystal Gorwitz and Marcia Schmidt

Do you want ideas on how to live a healthier less stressful life? This course offers many enjoyable activities that will help guide you toward achieving that goal. Some of the activities that you can participate in are: recipe makeovers, taste tasting healthy foods, taking a stress free walk, using a pedometer and heart rate monitor while exercising, making smoothies, taking part in daily stress relief activities and many more! You will also explore relaxation techniques both for personal and classroom use. Come and enjoy this interesting class with us!

Designing Multimedia Based WebQuests: Peter Pendleton

WebQuests are technology infused lessons that engage students and promote higher level thinking. Participants will review the WebQuest model as created by San Diego State University. By the end of the week, you will have created your own personal WebQuest and Class WebPage for classroom use!

Differentiation of Instruction: Claire Habeck

This course will examine ways that teachers can effectively support differentiating instruction and assessment to address the complex challenges of meeting the diverse learning needs of all students. Participants will gain an understanding of the reasons and assumptions underlying differentiation and acquire the ability to identify key indicators in a classroom. We will study of a variety of curriculum options to optimize learning for a diverse student population.

Basic Computer Applications in the K-12 Classroom: Dan Taycher

This course will take teachers through some of the basic computer applications used in the Hortonville Area School District. Specifically we will look at the Office 2007 Suite as well as very basic file and folder management. At the end of the course, participants will have created a unit using at least 3 of these basic applications.

Spanish for Educators: Erin Edwards and Paula Resop

This course will provide participants with both cultural and communicational skills needed to address the specific needs of our Spanish-speaking student population. Participants will learn and practice basic conversation as well as experience the process of learning a new language. This course will be divided into 2 sections - *Spanish I* will focus on beginning vocabulary and basic communication skills needed to work with students and parents. A section of this course will also be dedicated to learning more about providing a supportive environment for our ELL students. This class will incorporate cultural activities to enhance the language learning experience.

Spanish II is recommended for those who have taken *Spanish for Educators I* and/or have had previous experience with learning a world language. *Spanish II* will focus on more advanced vocabulary and conversational skills. This class will incorporate cultural activities to enhance the language learning experience.

Geocaching: Mike Paltzer

This class period will focus on the function and uses of hand-held GPS units and introduce you to the fun and growing sport of geocaching. Participants will have the opportunity to find and hide geocaches and create their own account on Geocaching.com to become members of the geocaching community. We will also discuss ways to bring geocaching into the classroom. This class needs to be taken in conjunction with "Using GPS Technology in the Classroom" which will build on the concepts discussed here. This class will spend time outside, rain or shine, and some physical activity i.e. walking, will be required.

Using GPS Technology in the Classroom: Mike Paltzer

This class period will be used to discuss the many different ways GPS technology can be incorporated in the classroom. From math and science to social studies and language arts, the possibilities to use this hands-on, motivating technology are limited only by the imagination. Potential uses, units, and assignments will be covered and participants will leave the class with a unit they can use in their own classrooms. As time allows, tips and tidbits of Smartboard and Smart software can also be discussed. **This class needs to be taken in conjunction with "Geocaching" which will build upon the topics discussed here.**

Video Streaming: Kris Zullner

This course will help educators to more effectively use the tools and lesson plans included with United Streaming. Participants will review content, practice using online modules, and review the tools available within United Streaming. A class unit will be developed using United Streaming resources.

Animations: Carl Eggen

This course focuses on practical graphic arts skills for use in the classroom. Using Microsoft Word and other Office Products, teachers will explore the basics of desktop publish for creating brochures, flyers, newsletters and documents for web publications. Teachers will also learn the basic concepts of graphical design and have tangible hands-on photo and graphics editing experiences using the free software, GIMP.

August 2009 Summer Academy Daily Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 to 9:45 First Class	8:00 to 9:45 First Class	8:00 to 9:45 First Class	8:00 to 9:45 First Class	8:00 to 9:45 First Class
9:45 to 9:50 Passing	9:45 to 9:50 Passing	9:45 to 9:50 Passing	9:45 to 9:50 Passing	9:45 to 9:50 Passing
9:50 to 11:35 Second Class	9:50 to 11:35 Second Class	9:50 to 11:35 Second Class	9:50 to 11:35 Second Class	9:50 to 11:35 Second Class
11:35 to 12:35 Lunch and Relaxation Time	11:35 to 12:35 Lunch and Relaxation Time	11:35 to 12:35 Lunch and Relaxation Time	11:35 to 12:35 Lunch and Relaxation Time	11:35 to 12:35 Lunch and Relaxation Time
12:35 to 2:10 Third Class	12:35 to 2:10 Third Class	12:35 to 2:10 Third Class	12:35 to 2:10 Third Class	12:35 to 2:10 Third Class
2:10 to 2:15 Passing	2:10 to 2:15 Passing	2:10 to 2:15 Passing	2:10 to 2:15 Passing	2:10 to 2:15 Passing
2:15 to 4:00 Fourth Class	2:15 to 4:00 Fourth Class	2:15 to 4:00 Fourth Class	2:15 to 4:00 Fourth Class	2:15 to 4:00 Fourth Class

Polar Bear Summer Academy Registration Form

SmartBoards in the Classroom

Healthy Choices and Stress Relief for Educators

Designing Multimedia Based WebQuests

Differentiation of Instruction

Basic Computer Applications in the K-12 Classroom

Spanish for Educators

Geocaching (Must be taken with Using GPS Technology)

Using GPS Technology in the Classroom (Must be taken with Geocaching)

Video Streaming

Animations

Select four courses plus 1 alternative. Prioritize your top 5 classes in numerical order of preference. We will try to accommodate your requests. In order to receive graduate credit, you enroll in four courses and attend every day.

Name_____

Home Address_____

Home Telephone_____

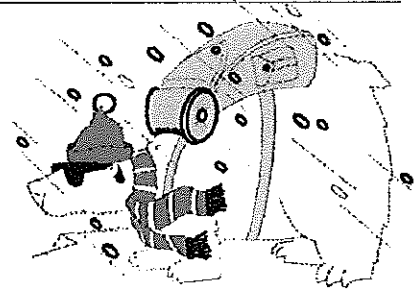
School_____

We will be emailing updated information throughout the spring and summer to your school email address. Please be sure to check your email often. Applications for registration are due on or before March 27th and are limited to the first 40 to respond. The registration fee of \$30 must accompany this form. If a cancellation is made after June 27, 2009, the Hortonville Area School District will retain the \$30 fee. Cancellations must be phoned into the Curriculum Office at 920-779-7901.

The registration fee covers lunch, materials, and snacks. \$200 (pre tax) will be paid to participants upon successful completion of the academy.

Please select courses above. Mail this form along with a check for \$30 prior to March 27, 2009 to:

Hortonville School District
Attn: Pauline Okeefe
246 N. Olk St.
Hortonville, WI 54944



Mar 2, 2009 meeting
Healthy Schools Committee

Agenda

\$ from Governor's School Health Award update	Marcia
Health Fair	Marcia
Governor's School Health Award proposal	Sandy
Finals treats	
Fruit baskets for staff	
Vending	Marcia
Nutrition/lunch room update	Heather
Intramurals	Marcia
Student Concerns	Students
Screenings Blood Pressure follow up	Sandy
Ideas	Everyone

Marcia Schmidt , Jodie Hofacker , Heather Kloehn, Amber Laska, Wendy Neyhard, Jenna Page, Karen Page , Sandy Schulz, Susie Steingraber, Megan Sullivan,, Mary Patterson, Mary Schulz, Brianna Bamke

February 9th – Wellness Committee Agenda

Location – Hortonville High School - Library

Meeting 3:45 – 4:45

New Business

- Health Fair - community aspect FINAL STAGES
- ?

Building Reports

All building reps will report on physical education, health education and wellness activities for their building.

- HHS
- HMS
- GMS
- HES
- GES

Activate Fox Cities

- Marcia Schmidt

Nutrition

- Food for Life Update – Heather Kloen
- Lunch menu

AODA

- Report

Staff Wellness

- Funded Activities report

Miscellaneous

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